

MENTAL HEALTH CENTER «SOMATO»



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Activity Report for 2009 Mental Health Center „SOMATO”

Mental Health Center „Somato” is the institution which delivers assistance to people with mental health problems and intellectual deficiencies, and their relatives as well.

Mental Health Center „Somato” was founded in September 2000 by the Civic Association „Somato”, but in December 2004 it became Public Institution in conformity with the Decision of the Municipal Council Nr. 8/17 of 23. 12. 2004.

MHC „Somato” works on the community-based principles when delivering psychiatric assistance:

- The main focus is on passing from inpatient to outpatient services through creation of community- based centers as units of primary assistance;
- Creation of community-based services and redirection of people with mental disorders to these services;
- Preparing of the professional staff necessary for the activity in the conditions of the community-based psychiatry;

GOAL

The goal of the Center is to sensitize community with the regards to mental health problems, psychosocial rehabilitation of mentally-disabled people, representing these people in the society, creation of new alternatives in social assistance and elaboration of methods for solution of different problems their families face.

BASIC OBJECTIVES:

- Offer of active treatment and support of the disease and alimentation;
- Offer of temporary placement;
- Organization of all anniversaries and holidays;
- Organization of excursions with the beneficiaries of the center in the museums, theatres, cinemas and different places of interest;
- Psychological consultations for the beneficiaries and their families;
- Editing of flyers and promotional materials about mental health;
- Organization of workshops and round tables for parents, beneficiaries, relatives and community;
- Creation of the parental committee of the center's beneficiaries.

TARGET GROUP:

- People of the age of 18 and more;
- People with psychic deviations;
- People with mental retardation;
- People with non-psychotic disorders.

WORKERS:

Center's multidisciplinary team is made up of people with rich professional experience and knowledge, including psychologists, psychiatrists/psychotherapists, social assistants, medics with profound knowledge in mental health.

Team:

Chihai Jana – Director of MHC „Somato”, the President of PO „Somato”, Manager for strategic planning, psychiatrist-psychotherapist, Master in Advocacy and public policies;

Popa Corina - vice-director;

Ghilețchi Alina – psychologist;

Popenco Gabriela – psychologist;

Pilipenco Doina – chief accountant;

Jdanov Irina – psychiatrist;

Cernei Angela – social assistant, night social assistant;

Iacubovschi Eliza – social assistant, night social assistant;

Popa Vladimir – medical assistant, night medical assistant;

Gorea Profira – medical assistant, night medical assistant;

Gavriliuc Vera – night medical assistant;
Maximenco Angela – kitchener;
Botnaru Serghei – hospital attendant.

BASIC ACTIVITIES OF THE MHC „SOMATO”

I. Day Center:

There are three basic programs in the center, which determine its multilateral activity:

- Day Center;
- Temporary placement;
- Consultancy services;

The Day Center is open through 8.00 a.m. – 19.00 p.m. and delivers necessary services for all beneficiaries who attend the day center. There is an established schedule. Which is the following:

- 8.00 – 8.30 Receiving of the beneficiaries
- 8.30 – 9.30 Preparing and setting the tables
- 9.30 – 10.00 Housekeeping
- 10.00 – 12.00 Occupational therapy
- 12.00 – 13.30 Preparing and setting tables for lunch
- 13.30 – 14.00 Housekeeping
- 14.00 – 16.00 Occupational therapy
- 16.00 – 16.30 Dinner
- 16.30 – 18.00 Home-useful therapy
- 18.00 – 18.30 Preparing and setting tables for supper
- 18.30 – 19.00 Housekeeping and evening clearing
- 19.00 – 19.30 Beneficiaries leaving

In the Center everybody benefits of adequate treatment and correct alimentation, receives professional consultation. All activities relating to procurement, preparing and serving the meal, as well as housekeeping and garden activities, are performed without auxiliary people.

Occupational therapy comprises the following activities:

- Collage of plasticine and gypsum; confectioning of presents and souvenirs of different materials;
- Drawing with gouache, aquarelle, pencils;
- Theatre coterie, with plays for children and adults, pantomime;
- Dance coterie;
- Embroidering and crochet, needlework;
- Different excursions and fresh air and exercise.

II. **Temporary placement** is a program to support the families in difficult periods, when its members leave for business trips or vocations, or if they

do not have the possibility to take care of the member with special needs. The limited time is up to 3 months. Our experience shows that there is a necessity for non-stop support of people and their representation in different instances until their social or vital problems are resolved.

III. Consultancy services are offered people with mental health problems, their families and all people who need psycho professional consultation. Thus, the Center offers consultations of psychiatrists, psychotherapists and psychologists. These consultations are free.

Intervention delivered in the Center is complex and holistic; it has temporary character and is called *assisted case in mental health*.

Assisted case for the beneficiary of the Somato program

1. Intervention delivered in the Center is complex and holistic; it has temporary character and is called assisted case in mental health.

2. Assisted case is performed by multidisciplinary community team which consists of:

- Psychiatrist/psychotherapist 1;
- psychologist 2;
- medical assistant/psychiatric nurse 2 ;
- social assistant – 2.

3. Duration of the intervention delivered in the Center is 90 days.

4. During this period the beneficiary has to fulfill an individual intervention plan, which consists of::

- a. First psychiatrist consultation - 1 – duration – 30 minutes;
- b. First psychotherapist consultation - 1 – duration 45 - 60 minutes;
- c. First evaluation of the beneficiary by psychologist - 1 - duration 40 minutes;
- a. First evaluation of the beneficiary by psychiatric nurse – 1 - duration 20 minutes;
- b. First evaluation of the beneficiary by social assistant – 1 - durations 40 minutes;
- c. First evaluation of the beneficiary's family by social assistant – 1 - duration 30 minutes;
- a. repeated psychiatric consultation - 2 consultations in a week - duration 30 minutes;
- b. individual psychotherapy - 2 times a week - duration 45 - 60 minutes (45 minutes for the meeting itself and 15 minutes to document the case);
- c. group psychotherapy - 1 time a week – participants 9-13 people - 1 duration 1,5-2 hours. The applied methods – psychodynamic, behavioral, cognitive, gestalt (Geschalt) therapy, transactional analysis, systematic psychotherapy, music therapy, art therapy, diverse methods for relaxations, autogenic training, etc.

- d. individual consultation by the psychologist – 2 consultations a week; duration 40 minutes;
- e. Consultations for personal development (group) – 1 consultation per week; duration 1.5 – 2 hours;
- f. family consultation to consolidate parental capacities; participants: family 2-5 people and beneficiary – once in 2 weeks – duration 1 hour;
- g. support and auto-support group with psychologist and psychiatric nurse; participants 9-13 people, once in 2 weeks; duration 1.5 – 2 hours;
- h. repeated evaluation of the beneficiary by the psychiatric nurse – 2 times a week; duration 10 minutes;
- i. Occupational therapy and ergotherapy for professional orientation – 5 times a week; duration 1,5 – 2 hours.

Partners offering support in the organization of activities

- Balti city hall ;
- MSIF;
- Civic Association „Somato”;
- Center for Children and Teenagers with Mixed Disabilities „Danco”;
- Center for Placement and Rehabilitation for Abandoned Children, Balti;
- Auxiliary school-internat for children with mental deficiencies, Balti;
- Public Medico-Social Institution Psychiatric Hospital, Balti;
- Psycho-Neurological Internat, Balti;
- BSU “Alec Russo”, “Pedagogy, Psychology and Social Assistance” Department;
- News Agency „DECA press” Balti, local media;
- SDC Moldova;
- Swiss Agency for Development and Collaboration in Moldova;
- European Union Delegation;
- Mental Health Initiative Open Society Institute, Budapest Hungary;
- Keystone Human Services International Advancing the Human Spirit.

Implemented projects:

To improve the quality of the services delivered by MHC „Somato” and CCTMD “Danco”, CA “Somato” implemented the following projects:

- **The project “Support of Mental Health Reform” (“Occupational Therapy” phase II)**, funded by Swiss Agency for Development and Collaboration in Moldova.
The focused activities were the following:
 - Instruction of the personnel;
 - Organization of „Open Doors Day” – decorating the hall and territory, promotional materials and filming;
 - Equipment for play therapy, Occupational Therapy;
 - Equipment of the Center, territory;

- Certain elements of furniture.
- **Project „Development and Piloting of the Sheltered Housing for People with Mental Health Problems from the Republic of Moldova”** funded by European Committee Delegation in Moldova and Global Initiative in Psychiatry, Holland. The goal of the project is development and piloting of sheltered housing for people with mental health problems from the North of the Republic of Moldova. This project suggests creation of sheltered apartments for people with mental health problems. Currently we have selected 3 of them:
 - **str. Sevcenco 34**
 - **str. Independenței 6 ap. 32**
 - **str. 31 August 127 ap. 5**

MONITORING INDICES

Day Center:

- Number of primary beneficiaries registered in 2009 in the Day Center – 34 people:
 - women – 21
 - men – 13;
- Total number of beneficiaries registered in 2009 in the Day Center – 146 people;
- Number of indirect beneficiaries (families, relatives) – 267 people
- Total number of beneficiaries at the Day Center – 8 090 people
- Average number of beneficiaries in Center per day – 22,16

Temporary placement:

- Number of direct beneficiaries in temporary placement – 12 people;
- Total number of beneficiaries in temporary placement – 4 380 people;
- Average number of beneficiaries in temporary placement per day - 12.

Number of services delivered by the Center

- First consultation of the psychiatrist – 146;
- First consultation of the psychotherapist – 48;
- First evaluation of the beneficiary by psychologist – 1 - 79;
- First evaluation of the beneficiary by psychiatric nurse – 79;
- First evaluation of the beneficiary by social assistant – 146;
- First evaluation of the beneficiary’s family by the social assistant – 79;
- Repeated consultation by the psychiatrist – 3068;
- Individual psychotherapy – 104;
- Group psychotherapy - 52;
- Individual consultations by psychologist – 3068;
- Consultations for personal development (in group) – 52;

- Family consultation to consolidate parental abilities –52;
- Support and auto-support group with psychologist and psychiatric nurse – 26;
- Repeated evaluation of the beneficiary by psychiatric nurse - 1534;
- Occupational therapy and ergotherapy – 260.
- **Number of activities outside the Center:**
 - Participation at the Mental Health Week – 1 week;
 - Participation at the exhibitions – 3;
 - Excursions – 13;
 - Visiting cinemas, concerts, plays – 7;
- Number of meetings within the network of other centers/services/NGOs – 31;
- Number of lessons/lectures for general development organized by the beneficiaries –260.

- **Number of workshops organized for the beneficiaries – Nr 9:**

- „Communication” – 25.01.2009;
- „Conflict” – 22.02.2009;
- „Stereotypes in Mental Health” – 4.03.2009;
- „Combating stereotypes” – 26.04.2009;
- „Access to different social services is your right” – 24.05.2009;
- “Access to information is your right” – 6.09.2009;
- „Auto-support groups” –25.10.2009;
- „Creation of family is your right” –;
- „Human rights” -.

The workshops were organized by the specialists from the Center and lasted 1 day.

- **Number of workshops organized for the personnel – Nr 7:**

- “Autism” – 15.02.2009
- „Schizophrenia” - 15.03.2009
- “Mental retard” – 12.04.2009
- “Components of Assisted Case for CMH “Somato” – 10.05.2009
- “Work in multidisciplinary team” – 7.07.2009
- “Psycho-cognitive processes” – 18.08.2009
- „Flu A (H1N1). Prevention, combating and intervention in the pandemic flu” – 19.11.2009.

The workshops were organized by psychiatrists, psychologists in the building of CMH „Somato” and lasted 1 day.

- **Number of trainings organized for the personnel – Nr 2:**

- “Community-base care for people with mental health problems”, part I (13.08.2009 - 15.08.2009)
- “Community-based care for people with mental health problems”, part II (10.09.2009 - 12.09.2009).

All trainings were conducted by professors from Psychology, Pedagogy and Social Assistance Department from BSU „A. Russo”, psychologists, psychiatrists from CMH and CA „Somato”.

- **Instruction of the personnel outside the Center - Nr 8:**

The list of instructions offered the personnel:

1. *Instruction program for specialists from social services centers - 05th February, Balti city hall (participants – director, social assistant);*
2. *Round table „The role of social assistants in monitoring and reintegration of victims of human beings traffic and its potential victims” – 13th February 2009, Balti city hall (participants – director, social assistant)*
3. *Workshop „Domestic violence” Center „Amicul” – 29th April, 2009, Chisinau (participant – director) ;*
4. *Training Module I „Community-based care for people with mental health problems” 13.08.09 – 15.08.09, organized by CA „Somato” (participants – entire personnel);*
5. *Training Module II „Community-based care for people with mental health problems” 10.09 - 12.09.2009, organized by CA „Somato” (participants – entire personnel)*
6. *Upgrading qualification „General psychiatry”, SMFU „Nicolae Testimianu” 09.02.2009-12.03.2009 (participant – director Chihai Jana);*
7. *Summer school „Public and Economic Policies and Management” 17-21.08.2009 (participant – director Chihai Jana)*
8. *„Instruction of community social assistants” 22.06.2009-11,12.2009 (participant – director Chihai Jana)*

Publications:

During this time there was broadcasted a number of TV programs, published news and promotional materials:

1. TV program – Nr.4;
2. Documentary movie – Nr. 2;
3. News in the newspaper „SP”- Nr 5;
4. News in electronic bulletin „Deca - Press” – Nr 8;
5. Newspaper „Advocacy – Center for Mental health „Somato” – 250 copies;
6. Flyers – services offered by the Center, contact data – 600 copies;
7. Booklets which describe goal, objectives and activities of the Center –250 copies;
8. Booklets which describe services delivered in the Center – 250 copies.

Identified problems and solutions to overpass them

Problems:

1. Absence of interest of certain beneficiaries towards delivered activities;

2. Conflicts between beneficiaries;
3. Few specialists for a big number of beneficiaries. As a result there appears limited possibility for individual work with each beneficiary;

Solutions:

1. More interesting organization of the activities, which corresponds the level of development of each beneficiary;
2. Instruction of the personnel in conflict management and in the specific aspects of every disability or disease;
3. Creation of support and auto-support groups, the fact which will contribute to the realization of activities with proper efforts.

Conclusions:

Substitution of the old way of development of social services with the new one – is a new aspect in development of integrated services of social assistance in Balti municipality. These services are planned to be created in close collaboration with the community.

*Give your hand to those who need
your support and help!*